

JUNE 2011



# The Sylvestery.....

.....where every moment counts!

## Spectacular Points of Interest:

- 1st Tuesday of every month is the Alzheimer's Support Group meeting in the Rose Café at 5pm
- Beauty Shop open Thursday's and Friday's at 10am
- Exercise with George every Mon & Wed.
- Catholic Communion -6/1, 6/10, 6/17 & 6/24
- 6/14-Flag Day
- 6/19-Father's Day
- 6/21-Summer Begins
- 6/23- Lunch Outing to the Olive Garden

## Inside this issue:

- Staff Information
- Resident of the Month
- Reminders
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- Sylvestery Pictures
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- Recipe of the Month

## From the Desk of the Administrator



Erika Young  
Administrator

Thanks to everyone for all the well wishes, support and concern during my pregnancy. My family and I are very excited to meet our newest edition. On that note, I wanted to give all of you some information while I am gone on my leave. My leave right now is scheduled to begin Tuesday, July 5th. I will be returning

Tuesday, September 27th. This of course is all subject to change should this little one inside decide to arrive earlier than planned. All of the regular staff that you go to on a normal basis will be here, however, the person sitting in for me will be Tim Farabaugh, COO of Vinson Hall Retirement Corporation. Some of you that have been here a while may be familiar with him as he was the acting Administrator before I was hired. If you do not find him in my office, he can be reached by calling 703-538-3063. He will also have access to my email if you choose to communicate that way. I wanted to get all of this out earlier rather than later with the likelihood that I may be gone sooner than planned.

I would also like to take the time to officially welcome Lindsey Schlumbrecht to our staff as our new Activities Coordinator for The Sylvestery. Her first day was May 4th. Lindsey comes to us with a dedicated heart to serve & truly Make Every Moment Count for our beloved residents. To read more on Lindsey, check out our Employee Spotlight article. Please join me in welcoming her. All of us here at The Sylvestery are glad you are part of the family. Welcome, welcome, welcome!!!!!!

## Housekeeping Staff

*Jermaine Key- House Supervisor*

*Kathleen Lucas- "Keeper of the House"*

*Luz Rubio - "Keeper of the House"*

*Randy McCormick & Kofi Arthur- Floor Techs*

*Hanna Tesfaye—Laundry*

*"Team work  
divides the task  
and multiplies  
the success. "*



*"Real Leaders  
are Ordinary*

*People with  
Extraordinary  
Determination "*



## **Employee Spotlight: Lindsey Schlumbrecht, Activities Coordinator**

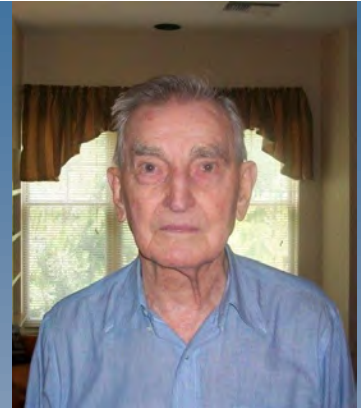


I was born in Covington, Louisiana. I have two brothers; one older and one younger. We moved around quite a bit while we were growing up, but finally settled in Northern VA when I was 13 years old. Although I have tried to move away, I always seem to find myself back here. My mom has worked in Geriatric Care for most of my life. I feel as though I have grown up in nursing homes. Once I started getting older, my mom tried to convince me to follow in her foot steps as an Activity Director, but for some could never see myself doing that for a living. Last April, my mom needed an assistant immediately so I went and helped her for what I thought would be only a few weeks. I fell in love instantly with the whole job and all the residents I

met. It was then I knew that I could never see myself doing anything else but working with the elderly population. I am so excited that I have been given the opportunity to work at The Sylvestery, and I look forward to getting to know everyone here and in being part of such a wonderful team.

## James Clark—A Life Well Lived, by Jamie Ruppman, daughter

My dad, Colonel James K. Clark (USAF retired), has always been a strong source of love & guidance throughout my life & in the lives of my brother & sister. Dad was born in Savannah, GA on May 21, 1921. He & his family struggled during the Great Depression. Unable to afford college, he went directly into the Army after graduation from high school. He soon realized that flying was his passion & by



1942, dad was accepted into the Army-Air Corps flight training program. Dad was a good pilot & leader. After flight training, he was sent to the Pacific as a B-25 Mitchell pilot & one of the youngest squadron commanders in the Pacific Theatre. Dad always says that our mother, Frances Blake, “waited” for him to come home for good. They were married December 12, 1945. Dad remained in the military & he & our mom had an interesting & long career in the Air Force. Their travels took them all over the world, including a 3 year tour in Italy & Florida. Our family traveled together and we hold many good memories of our travels, experiences & the friends we made along the way. When dad retired from the Air Force, he & our mother settled in Wilmington, NC. Dad worked as a business manager at the University of NC, Wilmington. They lived in NC until they moved to VA to be closer to family. Dad loved to read, watch the GA football games & John Wayne movies, spend time with his grandchildren & argue politics,. He loves all dogs, especially our Beagles. He & mom bought a place in Steamboat, CO, where they enjoyed skiing in the winter & fishing in the summer. Most of all, my dad loved my mother. He called her his “boon companion” & like many of the “Greatest Generation”, they had a long & loving marriage.—63 years until she passed away in 2010. She is buried at Arlington National Cemetery. Dad talks often of her & their life together. WE LOVE YOU DAD. Happy Father’s Day!!!!!!



Pets are allowed to visit our residents here at The Sylvestery. In fact, we encourage it! Please just bear in mind that either prior to or the day you bring your pet in, make sure we have a copy of their up to date vaccines in your loved ones file. This is required before they go back to visit. Copies of the vaccinations can be given to the Front Desk. Thank You!



Vinson Hall Retirement  
Community

The Sylvestery  
1728 Kirby Road  
McLean, VA 22101

703-970-2700

**We're on the web  
at  
[www.vinsonhall.org](http://www.vinsonhall.org)**

## **Friendship, Dignity & Security**

VHRC is an active, vibrant community that embodies warmth, security and the spirit of home and family. We are resident-focused, valuing independence and individuality. We celebrate and encourage the residents' freedom of expression, their personal choices, and their opportunity to maintain, renew and begin friendships. We embrace new ideas while cherishing the past, enhancing the present, and creating the future. In a maintenance-free environment, our residents enjoy life at their own pace and schedule. Residents can build their day around an array of activities including gardening, trips, educational opportunities, art, music, entertainment, and a variety of dining experiences. We promote physical and spiritual well-being by offering fitness programs, health services and pastoral support. Our history dates back to 1969. VHRC has been and continues to be a well respected Continuing Care Retirement Community, which is "home" for over 300 residents in McLean, Virginia. Resident eligibility for independent living is military service or sponsorship. All other levels of care are open to individuals within the community.

## **The Senior Staff at The Sylvestery**

**Erika Young, Administrator**

**Robin Felton, Clinical Manager**

**LaTishea Harrison, Receptionist**

**Jermaine Key, Housekeeping Supervisor**

**Wendell McPherson, Dining Services Manager**

**Maria Jordan, Marketing Counselor**

**Lindsey Schlumbrecht, Activities Coordinator**

**Alex Valencia, Maintenance Supervisor**

**Scott Harrison, Chaplain**

**Dr. Jonathan Klein, Medical Director**

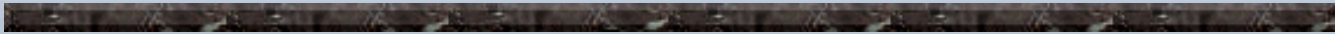
**Working  
for YOU!!!!!!**





### Rose Café Reservations:

Anyone wishing to use the Rose Café for a special lunch or family event,, please make all reservations by calling the Front Desk at 703-970-2700. We would like to eliminate the possibility of double booking. Thank you!



### Casual Corner.....

The Sylvestery’s Activities Department is in need of a variety of different things. So before you throw anything away, please talk to Lindsey, Activities Coordinator, to see if we might be able to use it.

Thank you in advance for thinking of us!



### **NEWSFLASH.....**

The Sylvestery has an active Family Council that meets here on a quarterly basis. **The next meeting is scheduled for Tuesday, June 7th at 7pm in the Rose Café.** For more information, contact our co-chairs at [vcpalmucci@aol.com](mailto:vcpalmucci@aol.com) or [clschmitz@cox.net](mailto:clschmitz@cox.net).



If anyone is interested in touring our kitchen, tours are available Monday-Friday with our chef, Wendell McPherson, and his staff by appointment.. Please contact Wendell at your convenience at 703-970-3932 to schedule your tour. We kindly ask that you call at least 24 hours in advance.





# *Chaplain's Corner*

## Hope is a Beautiful Four-Letter Word

By: Chaplain Scott Harrison

As one resident said recently during a group discussion, “Hope is looking forward to things getting better.” Her comment is right on. One definition for the word hope is “the feeling that what is wanted can be had or that events will turn out for the best.” Another definition is “to look forward to with desire and reasonable confidence or to believe, desire, or trust.” When I think about the word “hope,” I’m reminded of people such as the Rev. Martin Luther King, Jr., the prominent Baptist minister and Civil Rights advocate, who worked tirelessly against segregation and injustice during the 1950s and 1960s and used a strategy of non-violent resistance; Mahatma Gandhi, who fought for India’s independence during the early decades of the 20<sup>th</sup> century using the tactic of non-violent resistance and today is known as the “Father of the Nation” of India; Lottie Moon, a Christian missionary to China during the 19<sup>th</sup> century, who wrote hundreds of letters to friends and family at home in Virginia seeking help and support; and, Nelson Mandela, the former president of South Africa and 1993 Nobel Prize recipient, who fought brutal apartheid and was imprisoned for 27 years before his release from prison and election as president of his country. Against the odds, they persevered in the face of danger, retained courage and vision in the midst of uncertainty, and held on to hope when it seemed defeat was the only possible outcome. Today, they inspire us to work for a better world and hope for a brighter tomorrow.

Many residents at Vinson Hall Retirement Community have led interesting and productive lives. When they share stories of their various achievements and impart wisdom to their audience, they often mention several key words that provide insight into their diverse paths to success: courage, perseverance, creativity, resourcefulness, and hope. Some have said that their hope maintained their mental and spiritual equilibrium during times of war, illness or difficulty and sustained them during times of loss and grief when the future was uncertain and cloudy.

People through the ages have left their mark by way of their creativity, perseverance, courage, faith and hope. Some had the support of others, while many worked individually against great odds to reach their goals or survive incredible dangers and hardships. Their stories, and the stories of many of our residents, continue to inspire and teach us. May we listen and learn from their example, and may we, too, be teachers to the younger generation to reach for the stars. As Rev. Martin Luther King, Jr. said, “We must accept finite disappointment, but never lose infinite hope.”

# Father's Day Menu

June 19, 2011

12 noon

Shrimp Cocktail

Or Caesar Salad

~

Roasted Beef Medallions with Au Jus

Twice Baked Stuffed Potato

Vegetable Blend

or

Roasted Cornish Hen

with Cornbread Stuffing & Gravy

Rice Pilaf

Vegetable Blend

~

Bread Pudding with Bourbon Sauce or Fresh Fruit Parfait

\$9.95

Please make your reservations by noon Tuesday, June 14th by signing up  
at the front desk or calling 703-970-2700.

## GRILLED FLANK STEAK WITH MUSHROOM SAUCE

2 (1 ¼ - 1 ½ LB.) FLANK STEAKS  
½ CUP. SOY SAUCE (LOW SODIUM )  
½ CUP. ORIENTAL SESAME OIL  
3 TBSP. RED WINE VINEGAR  
FRESH GROUND PEPPER  
2 MED. GARLIC CLOVES, CRUSHED

### INSTRUCTIONS:

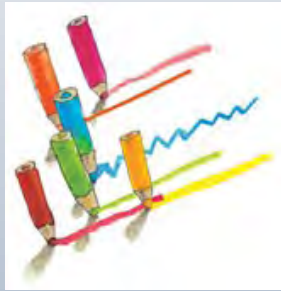
PLACE IN NON ALUMINUM PANS. WHISK SOY, OIL, VINEGAR AND GENEROUS AMOUNT OF PEPPER IN MEDIUM BOWL. COVER PAN TIGHTLY AND REFRIGERATE FO 24 HOURS, TURNING STEAKS OCCASIONALLY. BARBECUE HIGH HEAT 4 MINUTES PER SIDE (MEDIUM RARE) TRANSFER TO PLATTER AND LET REST FOR 5 MINUTES.

### MUSHROOM SAUCE:

1 LB. MUSHROOMS  
3 TBSP. UNSALTED BUTTER  
3 TBSP. VEGETABLE OIL  
2 CUP. UNSALTED BEEF STOCK  
4 TSP. DIJON MUSTARD  
1/2 CUP. WHIPPING CREAM

CUT MUSHROOMS. MELT BUTTER AND OIL OVER MEDIUM HIGH HEAT. ADD MUSHROOMS, STIR 3 MINUTES. MIX IN 1 CUP STOCK AND MUSTARD. INCREASE TEMPERATURE TO HIGH AND BOIL UNTIL HALF REDUCED, ABOUT 5 MINUTES. ADD 1 CUP STOCK, ¼ CUP AT A TIME, BOILING UNTIL SAUCE IS REDUCED BY HALF EACH ADDITION. STIR IN CREAM. BOIL UNTIL SAUCE COATS SPOON, ABOUT 3 MINUTES. SEASON WITH SALT AND PEPPER. CAN BE PREPARED ONE DAY AHEAD.

**Some people come into our lives & quickly go. Some stay for awhile & leave footprints on our hearts, and we are never, ever the same.**





## A Visit from the St. John's Academy Children

